light of the above teachings. It is therefore, to be understood that within the scope of the appended claims the invention may be practiced otherwise than as above described.

WHAT IS CLAIMED IS:

1. An exercise apparatus for a person comprising:

a) a support frame configuration to define an interior cavity for accommodating the person in standing positions for walking or running on a support surface; and

b) an elastic suspension assembly coupled between the person and the frame for elastically supporting a portion of the person's weight upon bending of the person's knees during a walking or running motion.

2. The apparatus of claim 1, further including wheels on a bottom portion of the support frame for rolling on the support surface.

3. The apparatus of claim 2, including at least two wheels.

4. The apparatus of claim 1, wherein said support frame includes coupling members for attachment to said elastic suspension assembly.

5. The apparatus of claim 4, wherein said elastic suspension assembly includes a harness attachable to the person and springs connecting the harness to the coupling members on the frame.

6. The apparatus of claim 5, wherein the springs are elastic straps.

7. The apparatus of claim 5, wherein there are four springs, two fore of the person and two aft, connected between the harness and coupling members on the frame.

8. The apparatus of claim 2, further including a handlebar at a front end of the frame for grasping by the person.

9. The apparatus of claim 1, wherein the support surface is a treadmill platform.

10. The apparatus of claim 2, wherein the support surface is a roadway.

11. The apparatus of claim 2, wherein the support surface is a sports track.

12. A method of reducing stress on a jogger's knees, while performing a normal jogging motion and gait, comprising the steps of:

a) providing an exercise apparatus for the jogger including,

    1) a support frame configuration to define an interior cavity for accommodating the person in standing positions for walking or running on a support surface; and

    2) an elastic suspension assembly coupled between the person and the frame for elastically supporting a portion of the person's weight upon bending of the person's knees during a walking or running motion;

b) placing the jogger within the interior cavity of the support frame; and

c) connecting the jogger to the suspension assembly.

13. The method of claim 12, further including wheels on a bottom portion of the support frame for rolling on the support surface.

14. The method of claim 12, including at least two wheels.

15. The method of claim 12, wherein said support frame includes coupling members for attachment to said elastic suspension assembly.

16. The method of claim 15, wherein said elastic suspension assembly includes a harness attachable to the person and springs connecting the harness to the coupling members on the frame.

17. The method of claim 15, wherein the springs are elastic straps.

18. The method of claim 16, wherein there are four springs, two fore of the person and two aft, connected between the harness and coupling members on the frame.

19. The method of claim 13, further including a handlebar at a front end of the frame for grasping by the person.

20. The method of claim 12, wherein the support surface is a treadmill platform.

21. The method of claim 13, wherein the support surface is a roadway.

22. The method of claim 13, wherein the support surface is a sports track.

23. The apparatus of claim 1, including a lost motion coupling device between the handlebar and frame to accommodate changes in the support surface and wind forces.

24. The apparatus of claim 23, said coupling including an elastic loop surrounding the handlebar and frame defining the limits of relative movement therebetween.

25. The apparatus of claim 24, further including an adjustable magnetic coupling between the handlebar and frame.

26. The apparatus of claim 24, further including a water reservoir for damping steering oscillation.